

Don't Feed These Foods to Babies Under 1 Year Old or any food that contains these ingredients



Honey

May cause botulism—a very serious form of food poisoning.



Skim or low-fat milk, rice milk, soy milk, raw milk

May cause an allergic reaction. Raw milk may cause serious forms of food poisoning. Babies should be fed breast milk or formula only.



Peanut butter

May cause a serious allergic reaction. May also cause choking.



Acidic foods and juices

May cause an allergic reaction. Acidity may also cause diaper rash.



Eggs

May cause an allergic reaction.



Chocolate, cocoa

May cause an allergic reaction.



Sweet foods, soda

May cause tooth decay. Also, babies have no need for foods or drinks with little nutritional value.



Salty foods

May prevent full development of the kidneys. May also increase the risk of heart disease later in life.



Shrimp, crab, oysters, clams

May cause a serious allergic reaction.



Shark, swordfish, king mackerel, tilefish

Contains high levels of mercury, which may cause brain disorders.

No dé de comer estos alimentos a bebés menores de 1 año ni alimentos que contengan estos ingredientes



Miel

Podría provocar botulismo un tipo de envenenamiento por comida muy grave.



Leche descremada, leche de arroz, leche de soja, leche sin procesar

Podría provocar una reacción alérgica. La leche sin procesar podría provocar un tipo de envenenamiento por comida grave. Los bebés deberían ser alimentados únicamente con leche materna o fórmula.



Mantequilla de maní

Podría provocar una reacción alérgica grave. Podría también provocar que se asfixie.



Alimentos y jugos ácidos

Podría provocar una reacción alérgica. La acidez podría también provocar sarpullido causado por el pañal.



Huevos

Podría provocar una reacción alérgica.



Chocolate, cacao

Podría provocar una reacción alérgica.



Alimentos dulces, soda

Podría provocar caries. Además, los bebés no necesitan alimentos ni bebidas con escaso valor nutricional.



Alimentos salados

Podría prevenir el desarrollo total de los riñones. Podría también aumentar el riesgo de enfermedad cardíaca en el futuro.



Camarones, cangrejos, ostras, almejas

Podría provocar una reacción alérgica grave.



Tiburón, pez espada, caballa gigante, blanquillo

Contienen niveles altos de mercurio, que podría provocar trastornos cerebrales.



Dear Colleague,

The Washington State Department of Health (DOH) provides print-ready files (PDFs) of health education materials. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Don't Feed These Foods to Babies Under 1 Year Old** (poster)

Size: 11 x 17

Paper stock: 80# Knightcote matte cover, white

Ink color: Black + PMS 199 + overall matte aqueous

DOH Pub #: 130-079